STATE OF THE UNION: WAGE HIKE TO COME

OBAMA OUTLINES HIS 2014 PLANS. PAGE 09

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Wednesday, January 29, 2014 **www.metro.us | t: MetroNewYork | f: MetroNewYork**

Super Bowl touches down

Score. "Super Bowl Boulevard" kicks off today along Broadway in Times Square, with events taking place over the next four days. **Wager.** If you're looking to put a few bucks on the big game, we have your bets covered. PAGES 04, 12

A worker puts the finishing touches on "Super Bowl Boulevard." An influx of tourists is expected at the site in the days leading up to the event. / MILES DIXON, METRO

Directing a 'Labor' of love for Reitman

PAGE 21

See your pad in a brand new light

PAGE 26

Saying 'I do' to a health regimen

PAGE 32

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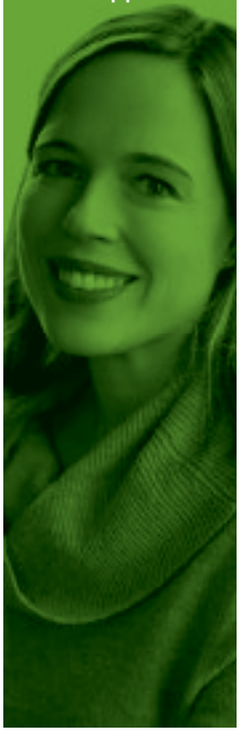
1

NEWS

In charge

Metro names new editor-in-chief

A face you have been familiar with for 10 years in the pages of Metro is now your new editor-in-chief. "The official move of Dorothy Robinson to the helm of Metro has been a long time coming," Yggers Mortensen, Metro US Publisher and CEO commented. "She has been an absolute rock star in the wake of the late and much missed Tony Metcalf." Metcalf, Metro's editor-in-chief for more than five years, died in July 2013. "I look forward to watching Dorothy's contribution to the company in her new leadership position."



Events like "Super Bowl Boulevard" in Times Square are expected to bring tourists in to see the big game. / MILES DIXON, METRO

Trying to cash in on the big game

For the win. Some area residents are trying to rent their apartments out for the Super Bowl.

More seats

With 83,000 seats, MetLife Stadium has a significantly higher capacity than New Orleans' Superdome (72,000) or Indianapolis' Lucas Oil Stadium (62,000).

- More people will be attending this year's Super Bowl than in years past.

Nice try, Airbnb, but New York is just too good at this hosting thing.

The Super Bowl is fast approaching, and the enterprising residents of New York City and northern New Jersey have dollar signs in their eyes.

The Seattle vs. Denver matchup means that two rabid fan bases from far-flung cities are preparing to descend on the New York metropolitan area — a financial best-case scenario.

With sites like Airbnb, Craigslist and Super Bowl Rentalz making it easy for people to list their apartments or houses for short-term rental, some residents are asking for hundreds, thousands and even tens of thousands of dollars a night.

Where the action is

"New York is a big draw on its own. People are coming out from Seattle for four or five days. Who wants to spend that in New Jersey?" Tuchman

But they may be aiming high — especially the New Jerseyans, despite their proximity to the main event.

Gail Schoenberg, a resident of Rutherford, N.J., listed her house on Craigslist for $2,500 a night and has yet to get any response.

"I feel like everyone is staying in New York," she said. "But Rutherford is the next town over, we're literally four or five miles from the stadium."

According to Goviva president Robert Tuchman, who arranges event packages for big companies, proximity means next to nothing.

These hopeful renters are relying on a false precedent, he says: New York City isn't Indianapolis or New Orleans, where the relatively low number of available hotel rooms caused rates to skyrocket to many times the average price.

Manhattan is more than equipped to absorb that kind of crush.

"People aren't going to be paying ridiculous rates on those other sites when there's so much available. There's just too much inventory — which is a good thing for the Super Bowl," Tuchman said.

EMILY JOHNSON
letters@metro.us

Traffic

Super Bowl street closures may cause headaches

The big game might cause some big traffic headaches in New York City.

Through Sunday, Broadway will be closed to motorists for 13 blocks, between West 34th and 47th streets, for Super Bowl Boulevard.

West 41st Street between Sixth and Seventh avenues also will be partially closed Wednesday through Sunday from 9 a.m. to midnight.

Other side streets in the area will remain open throughout the week.

Heavy traffic is expected near Bryant Park, Radio City Music Hall, Piers 88/86 and Pier 40, and the Sheraton Hotel.

On game day, drivers should expect limited access to and around the Lincoln Tunnel.

The Department of Transportation urged football fans to use mass transit, including subways and buses.

ANNA SANDERS

Traffic / GETTY IMAGES

'Super Bowl Boulevard' debuts

A host of events will take place in the Times Square area. / GETTY IMAGES

New Jersey may be playing host to the big game, but New York will also get its share of the spotlight this week as Super Bowl mania takes hold.

Festivities are set to kick off at noon on Wednesday as a transformed Times Square is unveiled as "Super Bowl Boulevard," complete with the Vince Lombardi trophy, a field goal practice area, and a 60-foot high toboggan ride. The 13-block stretch of Broadway also will serve as a venue for nightly live concerts and autograph sessions with NFL players. **EMILY JOHNSON**

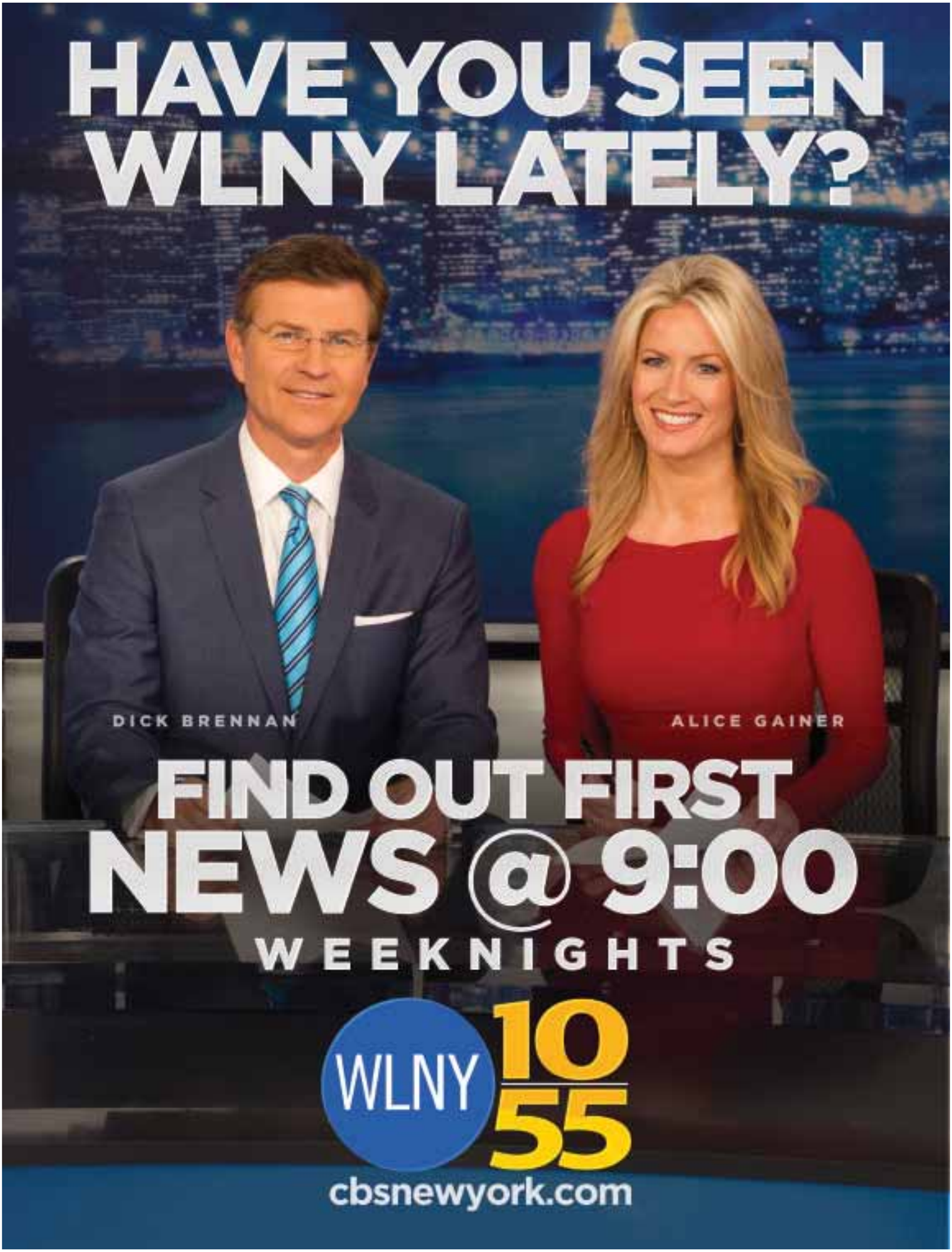
By the numbers

400K

The Super Bowl Host Committee estimated that as many as 400,000 people will visit the area for the game, potentially generating more than $500 million.

Big impact

"There is a marketing effect that will benefit New York and New Jersey for years to come."
Jonathan Tisch, Giants co-owner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In Brooklyn

Robbers tie up victims, steal $45,000 in liquor

Police are searching for a trio of robbers who tied up people inside a Brooklyn liquor store and stole cases of alcohol worth $45,000.

The incident occurred Jan. 20 shortly after midnight at Willmohr Wine and Liquor in Brownsville.

The suspects / NYPD

The three suspects entered the Willmohr Street store and asked a 41-year-old clerk if they sold liquor. The robbers then displayed silver firearms and ordered everyone to the ground, police said. They then tied everyone up with duct tape, binding their hands, legs and mouths.

In addition to the liquor, the men stole $3,000 worth of lottery tickets, $500 in cash and two cell phones worth $1,100, police said.

Police released surveillance video, which shows the victims face down on the floor as the armed robbers rifle through their pockets.

LAURA SHIN

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Marijuana is less harmful to our bodies than alcohol.
Why does the league punish us for making the safer choice?
Beer
Football
Safer
The ads will go up near MetLife Stadium. / MARIJUANA POLICY PROJECT

Group has marijuana message for Super Bowl

Green. Billboards by the Marijuana Policy Project will be on display near MetLife Stadium in New Jersey.

A marijuana advocacy group is taking its message for NFL officials to the Super Bowl.

The Marijuana Policy Project, which pushed for legalization in Colorado, spent $5,000 to rent five 48- to 60-foot-wide billboards surrounding MetLife Stadium in New Jersey that highlight what advocates say are hypocritical NFL policies.

"Marijuana is less toxic, less addictive and less harmful to the body than alcohol," a spokesman for the group, Mason Tvert, said in a statement. "Why would the NFL want to steer its players toward drinking and away from making the safer choice to use marijuana instead?"

The Denver Broncos and Seattle Seahawks, who face off Sunday, hail from states where recreational marijuana is legal.

Last week, NFL Commissioner said the league would consider allowing medicinal marijuana.

Marijuana Policy Project will deliver a petition to the NFL Wednesday calling on the league to change its marijuana policies.

"Taking a big hit of marijuana poses less potential harm than taking a big hit from an NFL linebacker or a big shot of tequila," Tvert said.

ANNA SANDERS
anna.sanders@metro.us

Locations

Here's where the billboards can be found:

- On I-78 near the New Jersey Turnpike toll plaza in Newark
- On I-495 leading to the Lincoln Tunnel in North Bergen
- On I-80 East off the turnpike in Teaneck
- Along Garden State Parkway near the Raritan toll plaza north of Sayreville

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Tail wag. Blind man who fell on tracks gets new service dog

A blind New Yorker whose service dog helped him escape death on Manhattan subway tracks last month has a new guide pooch, but gets to keep his old companion.

Cecil Williams, 60, nearly died after falling in front of an oncoming train in Harlem Dec. 17 when his guide dog Orlando jumped after him.

After reports that Williams would lose Orlando, close to retirement age of 11, because his insurance would only pay for a working service dog, donors pitched in.

Williams can now keep Orlando, but also has a new service dog named Godiva, a yellow labrador who recently graduated from Guiding Eyes for the Blind.

"I feel that I was blessed with Orlando, right? And now I'm being blessed again," Williams said with the pooches on "The Today Show" Monday. **ANNA SANDERS**

Bitcoin

State may regulate virtual currencies

New York will propose regulating virtual currency firms that operate in the state and may require them to obtain a "BitLicense," Benjamin Lawsky, the state's superintendent of Financial Services, said Tuesday. The regulation would prevent misconduct such as money laundering. **REUTERS**

Super Bowl stub scam busted by authorities

The criminals reportedly sold fake Super Bowl tickets online. / NYPD

Arrest. Two men were nabbed in the counterfeit operation.

A counterfeit operation producing fake Super Bowl tickets in New York City was shut down by authorities Monday.

Damon Daniels, of the Bronx, and Eugene Fladger, of Philadelphia, Pa., were charged with counts of forgery and trademark counterfeiting, officials announced Tuesday.

Daniels, 43, and Fladger, 32, allegedly sold fake NFL tickets, including tickets to Sunday's game, to football fans online.

Prosecutors said an investigation into the pair's scheme began after the NFL tipped off the NYPD. Officers set up a sting, posing as fans buying tickets, according to the Queens District Attorney's Office.

The duo was arrested at a Bronx White Castle Monday. They allegedly had a bag filled with over 100 fake tickets and parking passes, including 34 bogus Super Bowl tickets, prosecutors said.

The counterfeit tickets reportedly had the official NFL logo with a bar code to fool stadium scanners.

ANNA SANDERS
anna.sanders@metro.us

Big surprise

"Individuals who bought tickets or passes through the Internet may be in for a rude awakening on game day."
Queens DA Richard Brown

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Speech. Go-it-alone President talks minimum wage hike, immigration

President Barack Obama vowed on Tuesday to bypass a divided Congress and take action on his own to bolster America's middle class in a State of the Union speech that he used to try to breathe new life into his second term after a troubled year.

Standing in the House of Representatives chamber before lawmakers, Supreme Court justices and VIP guests, Obama declared his independence from Congress by issuing a raft of executive orders — a move likely to inflame already tense relations between the Democratic president and Republicans.

Obama's actions, while relatively modest, collectively amounted to a expression of frustration at the pace of legislative action with Republicans who control the House of Representatives and are able to slow the president's agenda.

Obama's orders included a wage hike for federal contract workers and creation of a "starter savings account" to help millions of people save for retirement.

President Obama / GETTY IMAGES

Minimum wage

$10.10

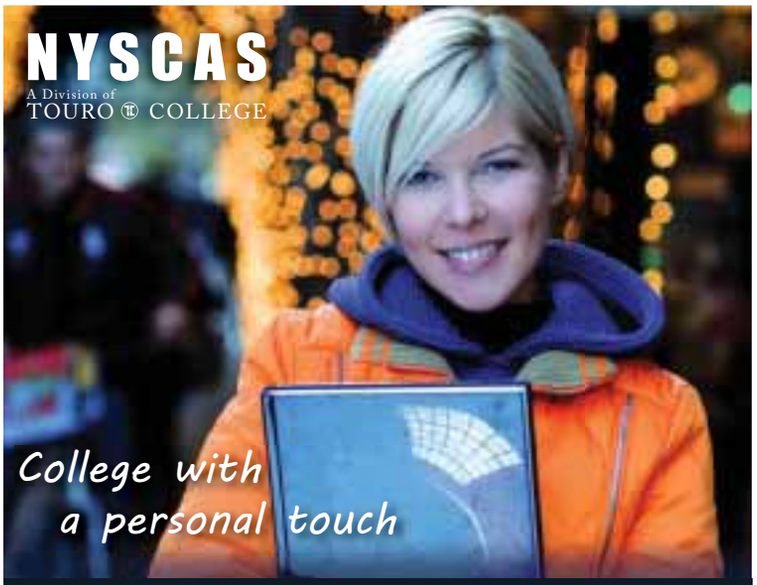
Obama announced that he is issuing an executive order to raise the minimum wage to $10.10 an hour for federal contract workers with new contracts.

"I'm eager to work with all of you," Obama said. "But America does not stand still — and neither will I. So wherever and whenever I can take steps without legislation to expand opportunity for more American families, that's what I'm going to do."

Obama's strategy means he has scaled back ambitions for large legislative actions and wants to focus more on small-bore initiatives that can reduce income inequality and create more opportunities for middle class workers.

Obama defended his health care law, whose troubled rollout last October rocked his presidency.

"I don't expect to convince my Republican friends on the merits of this law," Obama said. "But I know that the American people aren't interested in refighting old battles." On one of his biggest priorities, immigration reform, Obama urged Congress to work together on an overhaul, but he held his fire on the issue, with signs of possible progress in recent days among House Republicans. **REUTERS**



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Google Glass gets image makeover, launch nears

Accessorize. Many believe wearable computers represent the next big shift in technology.

Google Inc. has unveiled a set of fashionable prescription frames and shades for its Glass Internet-connected eyewear in an image makeover to give it broader appeal before a mass launch in the United States later this year.

Google also announced a deal with Vision Service Plan, the largest U.S. optical health insurance provider, that will allow consumers to get prescription lenses specially fitted to the device.

A stamp-sized electronic screen mounted on the side of a pair of eyeglass frames, Google Glass can record video, access email, provide turn-by-turn driving directions and retrieve info from the Web by connecting wirelessly to a user's cell phone.

The version of Glass available until now was mounted on a titanium band that rested on the bridge of the wearer's nose, resembling a pair of glasses without lenses and inspiring a bit of ridicule — from a parody on "Saturday Night Live" to a popular blog poking fun at its users. REUTERS

Price

$225

Google's website on Monday showed off a new selection of four different frames, in styles including Bold and Curve, available for $225 each, and a couple of different sunglass shades for $150 each.

A Google spokeswoman said there were financial terms to the partnership with VSP, but declined to provide details. / GETTY IMAGES

The big freeze-y. Rare winter storm brings ice and snow to South

A rare blast of snow, sleet and ice hit the U.S. South on Tuesday, prompting schools to close, airlines to cancel flights and emergency officials to warn of icy roads.

The winter storm could extend from southern Louisiana and the Gulf Coast into northern Florida and through the Carolinas, the weather service said.

Forecasters were predicting 1 to 2 inches of snow in parts of middle and north Georgia including the Atlanta area, prompting dozens of school closings.

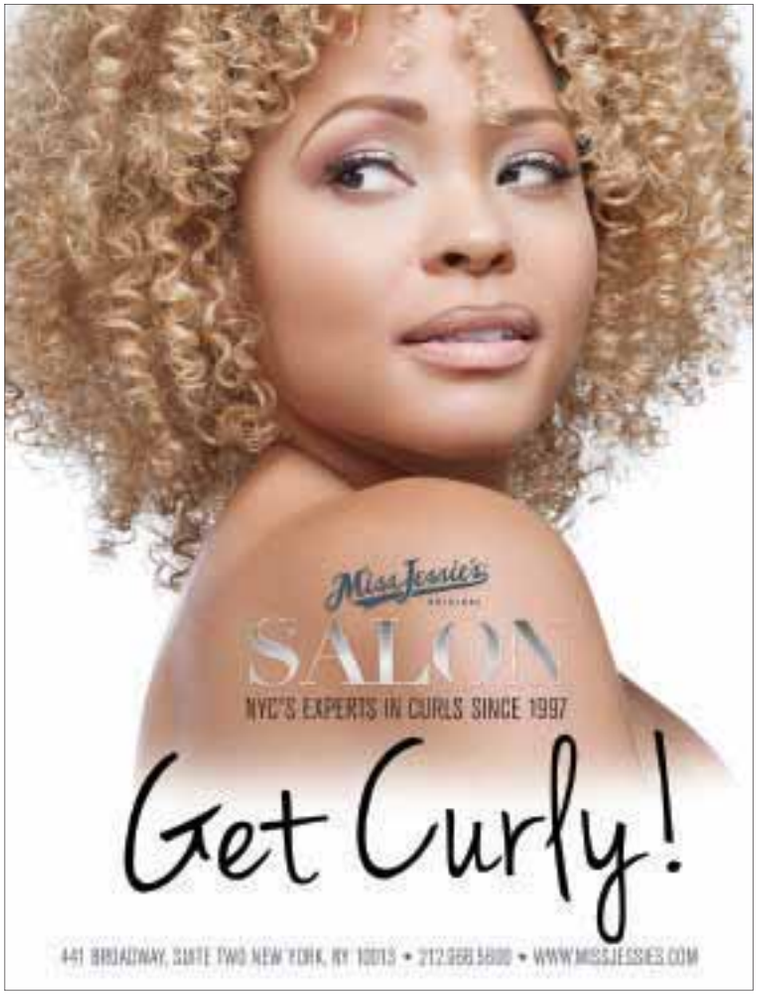
In New Orleans, schools were closed and jury selection in the corruption trial of a former mayor was suspended due to the cold weather. REUTERS

Florida

Man who tricked girlfriend to take abortion pill gets 13 years

A Florida man who admitted to tricking his pregnant girlfriend into taking pills known to cause abortion has been ordered to serve more than 13 years in federal prison and to pay her about $28,500 in restitution.

John Andrew Welden, 29, was sentenced on Monday after pleading guilty in September to charges of tampering with a consumer product resulting in bodily injury and conspiracy to commit mail fraud. REUTERS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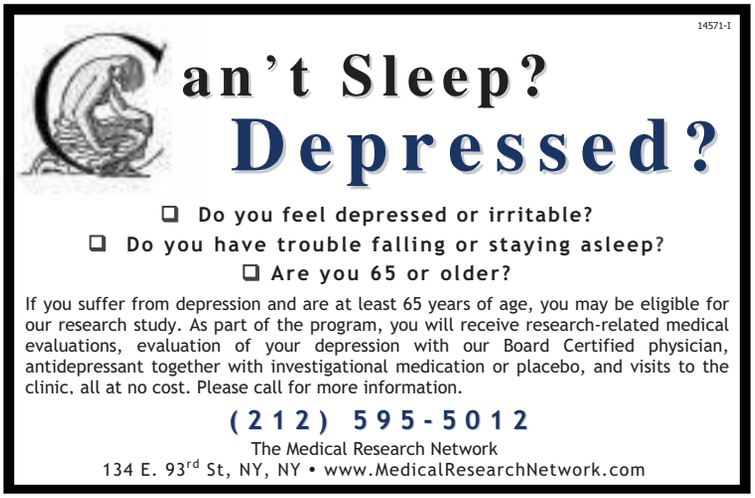
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Cattle combustion. Flatulent cows start fire at German farm

Methane gas from 90 flatulent cows exploded in a German farm shed on Monday, damaging the roof and injuring one of the animals, police said.

High levels of the gas had built up in the structure in the central German town of Rasdorf, then "a static electric charge caused the gas to explode with flashes of flames," the force said in a statement.

One cow was treated for burns, a police spokesman added. **REUTERS**

"It wasn't me." / GETTY IMAGES

Activist mourn

India's Supreme Court stands firm on gay-sex ban

India's Supreme Court has refused to review a month-old ruling that banned gay sex in the world's largest democracy, standing firm on a decision that outraged the ruling party and human rights activists around the world.

The government and seven human rights groups had filed petitions asking the court to review its decision, in the hope it would be overturned.

"The Supreme Court has turned a cold shoulder to these groups and their suffering," said Arvind Narrain, one of the lawyers who brought the rights' groups petitions.

"The court had an opportunity to correct itself today. This is a court that is meant to be for all human beings."

On Dec. 11, the Supreme Court reinstated a colonial-era ban on gay sex, following a four-year period of decriminalization that had helped bring homosexuality out into the open. **REUTERS**

Violent protest

Ukraine PM resigns, anti-protest laws revoked

Ukrainian Prime Minister Mykola Azarov resigned on Tuesday while deputies loyal to President Viktor Yanukovich, acting to calm violent street protests, back-tracked and overturned anti-protest laws they rammed through parliament 12 days ago.

The first real concessions by Yanukovich since the crisis erupted two months ago brought cheers from several thousand demonstrators on Kiev's Independence Square, the focal point of the protests. **REUTERS**

Quoted

"We have to change not only the government, but the rules of the game as well."

Vitaly Klitschko, Boxer-politician

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PLUS

Wideouts in

A Bronco WR will be MVP

Peyton Manning has 6/5 odds of winning Super Bowl MVP. Not a great payout. But his wide receivers, Demaryius Thomas (18-1), Wes Welker (20-1) and Julius Thomas (25-1) are getting remarkable odds. We go with Demaryius Thomas.

Super Bowl bettor's guide

We take a look at some good bets, wacky bets and old favorites to put some money on — recreationally speaking.

EVAN MACY
evan.macy@metro.us

Gambling is all about getting an edge on the house. When it comes to the Super Bowl, as history has proven, an educated or risk-taking gambler has a pretty good chance of winning.

Why? Because anything can happen. In 2012, the odds of a safety occurring Super Bowl XLVI were 50-1. Last year, it was 8-1. Safeties occurred in back-to-back title games.

In 2013, Las Vegas reported $98.9 million in Super Bowl wagers, but casinos netted just $7.2 million in profit. What does all this mean? A lot of gamblers win when they bet on the biggest sporting event in the world.

Broncos (-3)

Historically, favorites are 26-19-2 against the spread in the Super Bowl. And with quarterback Peyton Manning leading the league's most potent offense, even the Seahawks' top-ranked passing defense will struggle to stop the new single-season touchdown and passing yards leader. We go with experience over youth in the big game.
The pick: Broncos to cover.

-3

Over/under 47 points

The math here makes this one easy. The Broncos lead the league with just over 36 points scored per game. The Seahawks are eighth at 25.7. Add them together and you get over 60 points. It may not be that high in the end, but you get the gist. These teams are going to put up a reasonably high-scoring game.
The pick: Over 47 points will be scored.

47

Eli Manning to be shown 1.5 times

Here is another no-brainer. Peyton Manning is playing for a Super Bowl title in brother Eli's house.
The pick: Eli will be shown a dozen times.

1.5

Renee Fleming wears gloves, sings over 2:25

There are many National Anthem prop bets, like over/under 2:25 for the length of the anthem — we go with the over, she's an opera singer after all — but with temperatures near freezing, it is a safe wager singer Renee Fleming will have gloves on her hands. Besides, did we mention she's an opera singer? She has to wear gloves.
The pick: Bundle up.

2:25

A scoreless quarter

The Seahawks have one of the league's top-rated defenses. It is also pretty likely that for one 15-minute period, perhaps the first quarter, both teams struggle to get a feel for the frigid MetLife Stadium conditions. Yes, we're going with the over and a scoreless quarter; it's not counterintuitive. A $100 bet wins $225.
The pick: There will be a scoreless quarter.

+225

Thomas will have more catches than Woods birdies

Even though Tiger Woods has won the Omega Dubai Desert Classic twice, Demaryius Thomas has averaged about six catches per game this season, meaning the struggling Woods would need to shoot at least a 66 in the final round Sunday prior to kickoff.
The pick: Thomas has more.

6

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Need to recharge? Enjoy complimentary refreshments from 4-6pm daily, and give your phone or device some juice at our Power Up Zone. Check out **team memorabilia**, including rare photos and vintage items. Plus, pick up some recipes and tips for the perfect Super Bowl Homegating Party, courtesy of Macy's Culinary Council.

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Cold means more than gloves

Bundle up. The cold weather at Sunday's Super Bowl won't only cause fans to shiver.

A cold-weather Super Bowl will mean erratic throws from quarterbacks and more slipping and sliding. It will even impact players' hearing on the field.

By the time the Super Bowl kicks off Sunday night at MetLife Stadium, the weather pattern for the evening will be dissected every way imaginable. But while it will be cold and uncomfortable in what will likely be the coldest ever Super Bowl, the impact is much more than long johns for fans and gloves for the quarterbacks. The weather and the cold will have a direct impact on the game, even if it isn't snowing.

Dr. Eric Goff, professor of physics at Lynchburg College and the author of "Gold Medal Physics: The Science of Sports" said cold weather and not just possible snow could impact how the game is played. He said with a Miami Super Bowl likely registering a temperature of 75 degrees and a north Jersey game in the mid-30s, there will be an impact in air drag that will affect the game.

"Because air density is inversely proportional to temperature — you must measure temperature in kelvin for this calculation — quarterbacks and kickers will face about 8 percent more air drag in East Rutherford, [N.J.], compared to Miami. Peyton Manning plays in Denver, which had lower air density than at sea level where the Super Bowl will be played," Goff said. "On paper, Manning might be affected by more air drag than a quarterback who plays at sea level, but in reality, Manning has been in the league long enough and played at sea level plenty of times that he should be able to adapt. Still, he'll have to adapt."

Snow or not, MetLife Stadium will be pretty cold for Super Bowl XLVIII on Sunday night. / GETTY IMAGES

The already chaotic scene of a football field, with players moving quickly before the snap and shouting amid crowd noise, could be harder to do. This is especially noticeable when stacked against a warmer locale, such as a Super Bowl in Arizona or Florida.

"There will be an almost 4 percent drop in sound speed in the cold. That effect is hard to notice, but easier to notice will be the cold fans," Goff said. "They won't move as fast as in warm weather. If they do the wave, it'll likely move a little slower than it would in Miami."

KRISTIAN DYER
sports@metro.us

Weather update

Super Bowl forecast looks good

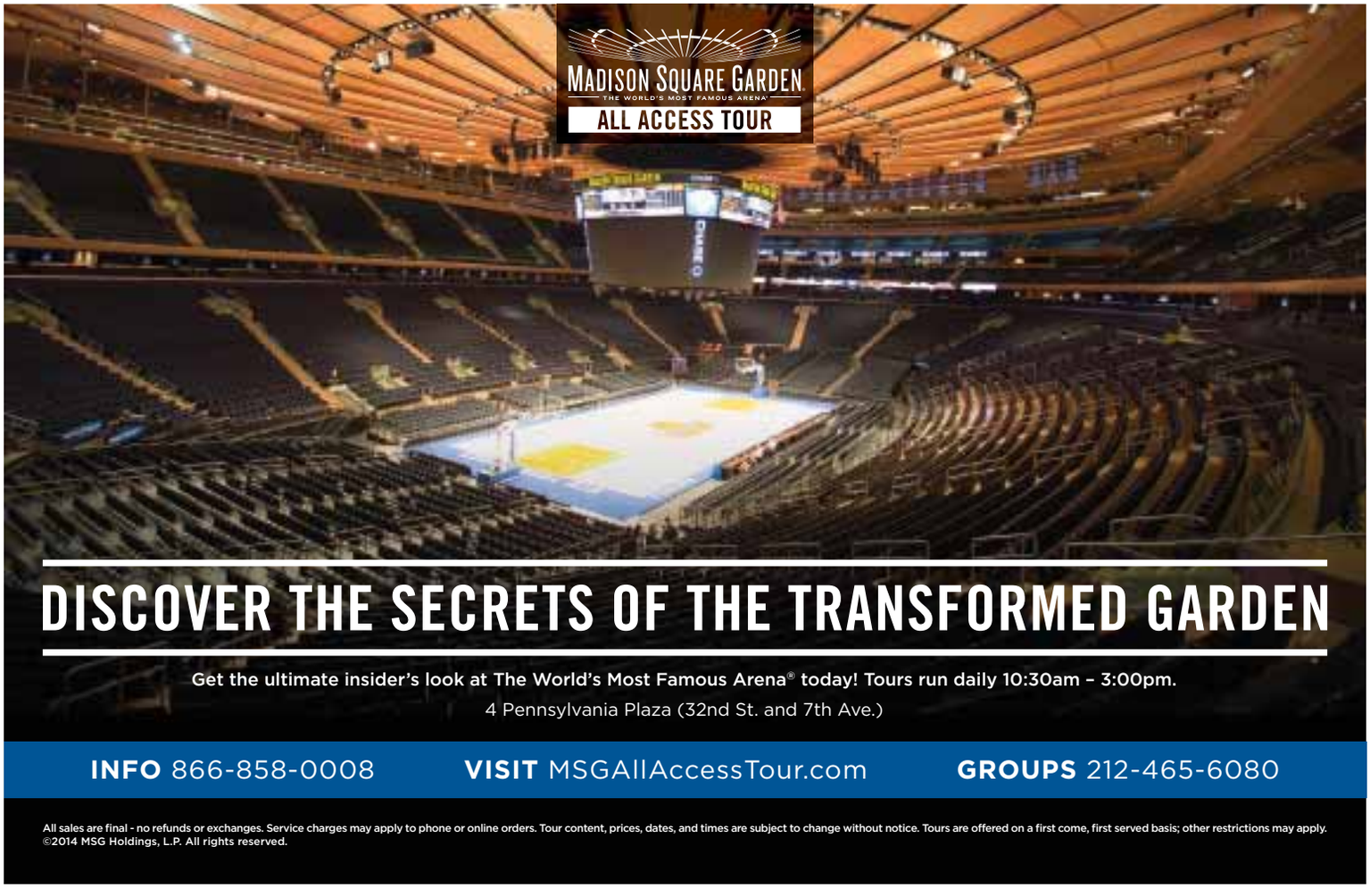
Despite two major snowstorms in the tri-state area in the last month, football fans can rest easy.

Early forecasts show the first cold-weather Super Bowl likely won't be hampered by the elements on Sunday.

Though a warm front poses a chance of rain and snow Saturday, the Weather Channel expects mostly clear skies before the big game, with a high of 41 degrees Sunday.

By kickoff, temperatures will likely drop to the 30s and may fall to the upper 20s later in the game. No rain or snow is expected during the Super Bowl.

ANNA SANDERS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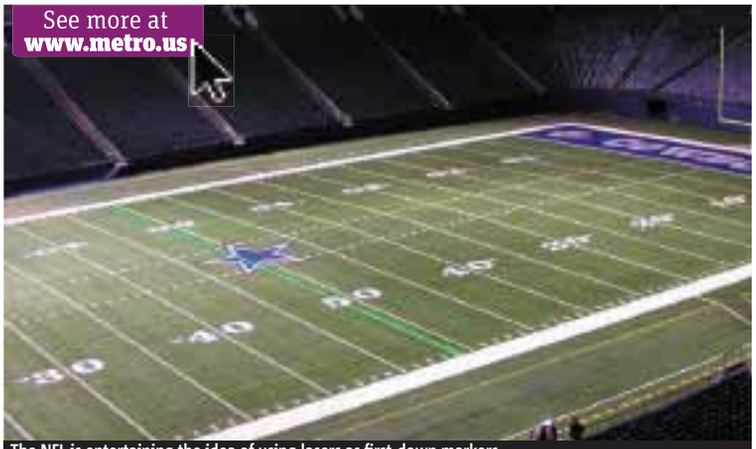

The NFL is entertaining the idea of using lasers as first-down markers inside of stadiums. / FIRST DOWN LASER

NFL looks to lasers to increase attendance

Laser show. The standard first-down marker could be a thing of the past if First Down Laser gets its way.

Year after year, the NFL rakes in billions. It is the most successful sports league in North America — and it continues to grow.

Still, there are plenty of areas in which the league needs to improve.

Among the league's top issues may be a threat posed by the very thing that made the league so popular in the first place: television.

The advantages of staying at home to watch football these days typically far outweigh the benefits of the in-stadium experience.

"The NFL told us that their biggest competition is the couch and the beer in the fridge. They're really fighting with that," said Alan Amron, founder and chairman of First Down Laser. "They won't admit it outright, but people aren't going to the stadium like they used to."

Fans at home get the benefit of changing camera angles and the all-important "yellow line" that shows where the first-down marker is.

Amron and his former partner in this endeavor, late broadcaster Pat Summerall, pitched the idea of a laser as a first-down marker to the league office and the competition committee eight years ago.

The idea is that a 4-inch wide laser, projected from sideline to sideline, would give everyone in the stadium — players, coaches and referees — a much better idea of what is and what is not a first down.

"Pat and I got great, positive feedback from the league," Amron said. "Pat really wanted to see the game evolve. He had a passion for the game. Anything to make things more accurate on the field."

Flip the switch

Under Amron's proposal, the NFL could turn the laser on and off periodically throughout the game.

- **Safety first:** The lasers would need to be regulated the same way laser lights at Disney shows are.
- **Pushing ahead:** First Down Laser first met with NFL officials eight years ago and then again last May. They are scheduled to meet with Canadian Football League officials this spring.

Quoted

"The NFL told us that their biggest competition is the couch and the beer in the fridge."
Alan Amron

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Ingredients

For the Chicken Sliders

- 2 tablespoons vegetable oil
- 1 large egg
- 1 pound ground chicken
- ½ jalapeno pepper, halved, seeded, de-veined and finely chopped
- 2 scallions, white and light green parts only, finely chopped
- 1 tablespoon finely chopped fresh cilantro
- 1 teaspoon kosher salt
- 3 tablespoons dried, unseasoned bread crumbs
- 6 ounces mozzarella, sliced into 4 rounds
- 4 small brioche buns
- 1 tomato, sliced

TINA CHADHA
tina.chadha@metro.us

Step up your Super Bowl menu with these sliders from Lorena Garcia

See more at www.metro.us

You could always serve wings, but these sliders are a delicious, crowd-pleasing alternative. / PROVIDED

Chicken and Almond Pesto Sliders

Serves 4

Chef Lorena Garcia wants you to step up your Super Bowl spread from run-of-the-mill nachos to something a bit more exciting. The Venezuelan-born chef and restaurateur — you may recognize her from Bravo's "Top Chef Masters," Taco Bell commercials or her new cookware line, The Lorena Bella Collection with HSN — created these delicious chicken and almond pesto sliders that'll blow your guests away, perhaps more than the commercial breaks.

1 To make the almond pesto, whisk together the olive oil, almonds, Parmiginao-Reggiano cheese, basil and garlic in a medium bowl and set aside.

2 To make the sliders, pour the vegetable oil into a large bowl and whisk in the egg. Add the ground chicken, the jalapeno, scallions, cilantro and salt and stir to combine. Stir in the bread crumbs and divide the mixture into four balls. Slightly flatten each ball into a 1 1/2-inch thick patty and set aside.

3 Prepare a hot charcoal or gas grill.

4 Grill the burgers until they are golden brown on one side, about five minutes. Flip over the burgers and place a mozzarella round on top. Cook until the underside is golden brown and the cheese is melted, about five minutes longer.

5 While the burgers cook, toast the buns. Place the buns cut side down on the grill (or an upper grill rack if your grill has one) until toasted, about two minutes. Remove the buns and burgers from the grill.

6 Place a burger on each bun bottom. Top with a tomato slice and then spoon some almond pesto on top. Cover with the top half of the bun and serve.

Ingredients

For the Almond Pesto

- 3/4 cup extra- virgin olive oil
- 1 generous cup sliced almonds, roughly chopped
- 1 cup grated Parmigiano-Reggiano cheese
- 2 tablespoons finely chopped fresh basil
- 2 garlic cloves, very finely minced

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2 CULTURE

Twitter feed

Today, Bruce Springsteen, Bill Clinton, Michael McKean and Roseanne Cash are remembering folk singer and activist Pete Seeger.

@BruceSpringsteen: To honor Pete Seeger, revisit his 1955 testimony before the House Unamerican Activities Committee.

@BillClinton: Pete Seeger's great heart was matched only by his commitment to social justice. My thoughts and prayers are with his family and friends.

@MJMcKean: One of the greatest concerts I ever saw was a 1968 Pete Seeger & Nina Simone CORE rally. A lot of anger, a lot of love...

@rosannecash: 'This machine surrounds hate and forces it to surrender.' Words to live by. #PeteSeeger

Is Madonna going to perform with Cyrus?

Miley now. / GETTY IMAGES

Madonna in 1987 / GETTY IMAGES

I've been saying for some time now that the reason for Miley Cyrus' aggressive sexuality and sexy space alien look is that she's trying to be our generation's Madonna. However, I never expected that this would endear her to the original Madonna, who has shown no inclination to pass the torch of Madonna-ing. It's possible, though, that I was wrong about that: The two are apparently planning a peformance together.

Miley is working on an acoustic set for MTV's "Unplugged." It seems like a good move for the "Bangerz" star: She's got the fame, now she needs the cred that comes from a vocal-driven, stripped-down set with no midgets to spank or foam fingers to hump. And speaking of cred — according to E! Online, rumor has it that the Material Girl herself will stop by to perform with Miley.

The two were reportedly spotted rehearsing together, but MTV hasn't confirmed Madonna's appearance. "The performance will showcase a more intimate side of Cyrus and feature surprise guests for an unexpected reinvention of the songs that have defined her career, including several from her No. 1 critically acclaimed album, 'Bangerz,'" MTV said in a press release.

What do you think they'll sing? I feel like Miley could do a mean "Material Girl."

MELINDA TAUB

See more at www.metro.us

Talking points

No more nudity for Benson

Ashley Benson did some fairly revealing work in "Spring Breakers" last year, but don't expect to see much more of the "Pretty Little Liars" star on-screen. "I never want to do nudity that's gratuitous. Girls look so much better in lingerie or a T-shirt and leave the rest up to the imagination," she tells Cosmopolitan magazine. "I make it clear that I have a line."

Law victim of loose lips

Jude Law learned during the ongoing News of the World phone-hacking scandal that information about him and ex-fiancee Sienna Miller had been provided by a family member — who was paid for the dirt, according to the Guardian. Law confirmed in court that a 2005 story about Miller cheating on him with Daniel Craig was completely true.

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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dorothy.robinson@metro.us

GETTY IMAGES

Oprah turns the big 6-0

"And YOU get an AARP card, and YOU get an AARP card, and YOU and YOU!" We normally don't devote a lot of editorial space to celebrity birthdays but this is a biggie: Oprah Winfrey turns 60 today. This shot from 1978 is from her time hosting the television show "People Are Talking."

theory

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Jason Reitman's fifth film is the lit adaptation "Labor Day."
GETTY IMAGES

JASON REITMAN

The "Labor Day" director blames his success on his leading actresses.

IN GOOD COMPANY

Joyce Maynard's book about an escaped convict (Josh Brolin) who takes a single mother (Kate Winslet) hostage over a long holiday weekend. To hear Reitman tell it, his success as a director is all thanks to his leading ladies.

How did you approach adapting the novel?
The narrative follows the book so carefully. I was trying to recreate how the book made me feel. The book is told so beautifully, it's so emotional, and I had such an immediate reaction to it that I wanted to create a cinematic experience that mirrored the book. I wanted to tell a story all the way to the end and leave people with a sense of romance. You can't always punch people in the ribs. Not every time.

You're developing quite a track record of working with actresses.
Frankly, I've just been very lucky, you know? To have worked with Maria Bello, Ellen Page, Vera Farmiga, Anna Kendrick, Charlize Theron and now Kate Winslet? I mean, it's an unreal group. I'm lucky that they've chosen to work with me. It's wonderful. It makes me look better than I am. That's the truth. In their hands, it makes me look like a decent director.

You could try to go out and make a movie...
With the worst actors possible? Given the option of working with brilliant people... yeah, I'll continue to do that. I find that I know when they're right when it just seems honest and real. When I'm watching an audition, whether it's for a lead or the tiniest part, do they make the words seem honest? It's not if it's funny, it's not if it's dramatic, it's not if it's moving. It's just, does my bulls— detector go off?

Casting challenge

Was that honesty there with your young star, Gattlin Griffith?
We looked at a lot of young men, and he came in and it was just instantaneous. It's those eyes. The whole movie is his point of view looking at the world — watching this man, watching his mother, trying to figure out what they're doing, trying to figure out his own sexuality. He could do everything without talking, and that's what I needed.

And you found a remarkably accurate look-alike for young Josh Brolin for the flashbacks.
Tom Lipinski looks exactly like Josh Brolin. My girlfriend at the time said, "When he heard you were casting this movie, he must have shot in his pants." [Laughs] Use that in your paper.

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The breakthrough: Imogen Poots

On the rise. The actress is riding high, with several major releases slated for this year.

Stats

Age: 24
Originally from: London

Where you've seen her: Besides on Metro's "2014 Ones to Watch" list? Horror films like "Fright Night" and "28 Weeks Later," and in recent well-reviewed music-themed works like "A Late Quartet" and "Greetings from Tim Buckley."

Where you'll see her now: As Ellie, Zac Efron's spunky love interest in "That Awkward Moment."

Where you'll see her next: Alongside Aaron Paul in March's "Need for Speed," and later, in Peter Bogdanovich's "Squirrels to Nuts," with Jennifer Aniston and Owen Wilson.

She didn't catch the acting bug as a kid: "I did a group at … a very low key theater group when I was about 15, but that was very much just because I liked it. Then I started to go out on auditions around that time, when maybe I was about 16, 17. I just found there was something really satiating and electric and brilliant and inspiring all at once about acting."

Why she did "That Awkward Moment": "I think I understood what was happening. No relationships, I suppose, are straightforward, but especially modern day with technology and this whole idea that [love] can wait, and let's have fun and we'll explore relationships later — that can be a real shame because you [could] miss out on something pretty great. Also I just really was excited about being part of something that was very relevant."

On the film's unsung character: "I do think [New York] plays a huge role in the movie — any metropolis, actually, but specifically New York to the way these characters are constructed. You think differently in a city as [compared] to how you would in middle America or in a different culture."

Imogen Poots' latest is "That Awkward Moment," in theaters Friday.
GETTY IMAGES

Her first on-screen kiss is one for the books: "My first on-screen kiss was Michael Douglas when I was 19 [in 'Solitary Man']."

… But kissing Zac Efron wasn't so bad: "With Zac it was just really fun. You both know it's ridiculous and you both know there's a million people watching you and thinking, 'They're about to kiss!'"

Zac Efron, Aaron Paul, Michael Douglas — who's the best kisser? "I probably would go with Zac for the sake of the movie — make people go see that great kiss."

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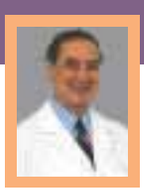
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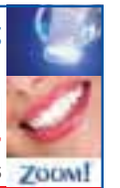
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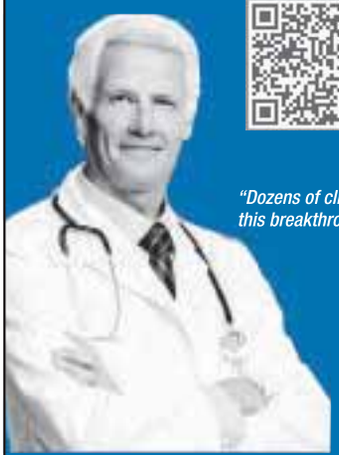

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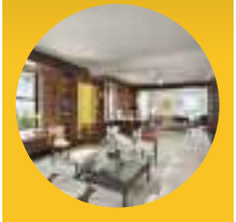
Priciest

$70M

The most expensive unit on the market this week is a duplex in the Pierre Hotel at 795 Fifth Ave. Marketed by Sotheby's International Realty, this five-bedroom, five-and-a-half-bath co-op offers great views, concierge, housekeeping and a gym.



Cheapest

$249K

The cheapest listing to hit the market this week is a studio located at 25 Tudor City Place. Marketed by the owner directly, this co-op features hardwood floors, air conditioning, southern exposures and access to a roof deck with views of the Empire State Building and Chrystler building.

StreetEasy.com is a New York-based real estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.

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Upcycling made easy

DIY. Interior designer talks finding treasure in the trash.

Denise Sabia, a Philadelphia-area interior designer, shares tips on how to decorate with vintage finds on her blog, The Painted Home (www.paintedhomedesigns.com). We talked to Sabia about creatively repurposing, instead of buying new.

How would you describe your design style?
Cozy, clever — and inexpensive when I need to be!

Where do you get your inspiration for new projects?
Flea markets, thrift stores and along the side of the road.

What made you start upcycling?
It's always better to make beautiful things from what you already have — but it's also a necessity these days. I love to freshen things up in my home, but I don't have the income to go out and buy something new all the time. So if you already own it, sometimes it only takes a can of paint and it's new to you!

RACHEL VIGODA
rachel.vigoda@metro.us

Tips from a pro

1. **Become a trash picker.** "You'd be surprised at what treasures you can find," says Sabia.
2. **Visit local salvage or old-school antique shops.** Sabia's favorite near her is Philadelphia Salvage.
3. **Hit the web.** "Pinterest and bloggers — like myself — give you great ideas!" Sabia says.
4. **Most importantly, have fun:** "Consider upcycling a way to be creative. Anyone can paint."

Sabia scored this vanity on Craigslist. / PROVIDED

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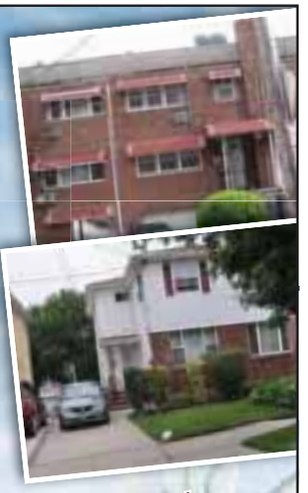
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Decor. South African artist creates dreamy housewares for Anthropologie

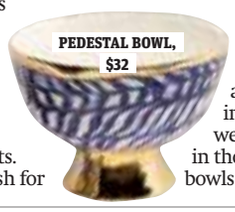
WALL PAPER, $148

TEA SETS, $16-$68

Yes, we pretty much love every single thing in Anthropologie, but the next time you walk into the store and pick up a gorgeous bowl or dessert plate, you might just be admiring the work of South African artist Ruan Hoffmann.

Ever since his successful gallery exhibition "Much Love Me" at Anthropologie's Rockefeller Center store in 2011, the brand has been itching to share his gorgeous ceramics and charming quotes with a larger audience.

Hoffmann is on board. The Johannesburg painter says he wants to bring a little magic to everyday objects. "It's a lot to wish for from a shower curtain, for instance, but then again it could be the catalyst for a daydream, which would be a start," he says.


PEDESTAL BOWL, $32

Well, Hoffmann picked the right place: We're already dreaming about what we can serve in those pedestal bowls. TC

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12	1 Bedroom	1 2	$863	$31,578 - $36,120 $31,578 - $41,280
23	2 Bedrooms	2 3 4	$1,044	$37,852 - $41,280 $37,852 - $46,440 $37,852 - $51,540
5	3 Bedrooms	3 4 5 6	$1,199	$43,749 - $46,440 $43,749 - $51,540 $43,749 - $55,680 $43,749 - $59,820

* Subject to occupancy criteria
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*** Income guidelines subject to change

Qualified Applicants will be required to meet income guidelines and additional selection criteria. Households may elect to submit an application by one of two methods: **EITHER** online **OR** by mail. **To submit your application online now, please visit NYC Housing Connect at www.nyc.gov/housingconnect and select "Apply for Housing."** All online applications must be submitted by **March 6, 2014. To request an application by mail, please mail a self-addressed envelope to: Rufus King Court Apartments, P.O. Box 390, Floral Park, New York 11002.** All mailed applications must be returned by regular mail only **(no priority, certified, registered, express, overnight or oversized mail will be accepted)** to a post office box number that will be listed on the application, and must be postmarked by **March 6, 2014.** Applications will be selected by lottery; applicants who submit more than one application will be disqualified. Disqualified applications will not be accepted. A general preference will be given to New York City residents. Eligible households that include persons with mobility impairments will receive preference for 5% of the units; eligible persons that include persons with visual and/or hearing impairments will receive preference for 2% of the units. Current and eligible residents of **Queens Community Board 12** will receive preference for 50% of the units. Eligible City of New York Municipal Employees will receive a 5% preference of the units.

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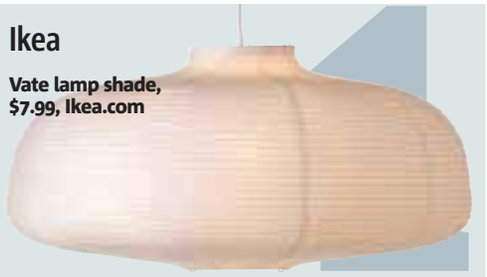
Do you ever have those days when you hate everything about your home, from the slanted floors to those ugly beige bathroom tiles that your landlord hasn't changed since the '70s? Well, dear renters, here's something that you do have control over: light fixtures. Don't settle for the generic, soulless pendants that come with the place. Swapping them out is easy and — along with a coat of paint — can make your home life so much happier.

1



Ikea

Vate lamp shade, $7.99, Ikea.com

2

OneFortyThree

Color pendant lamp, $45 each, OneFortyThree.com

3

Urban Outfitters

Triple-tiered pendant, $64, UrbanOutfitters.com

4

ABC Home

Pink/smoke icosahedron pendant, $1,500, ABCHome.com

5

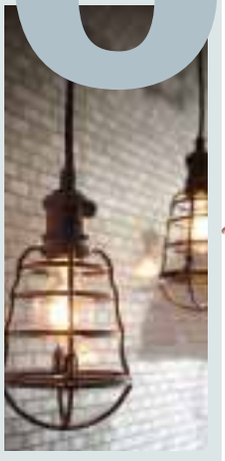
PB Classic

Whitney pendant, $99, PotteryBarn.com

6

Home Decorators Collection

Cage pendant light, $69.97, HomeDepot.com



7

Vanersborg

Crystal chandelier, $567.99, Overstock.com

8

Nuvo

Industrial pendant, $40.36, 1000Bulbs.com

TINA CHADHA
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Downtown's Newest Rental Building, The Lara, Begins Leasing This Month

If you're looking for a new place to call home this winter, look no further than The Lara, the Financial District's highly anticipated new luxury rental tower featuring a 10,000-square-foot amenity club.

Located at 113 Nassau Street, between Ann and Beekman Streets, the 30-story, SLCE-designed building will offer studio, one- and two-bedroom apartments, with monthly rents ranging from approximately $2,700 to $6,500. There will be no fee, and tenants will receive one-month free.

State-of-the-art kitchens with paneled Blomberg and/or Liebherr appliances, as well as Bertazzoni oven ranges and microwaves, and baths featuring Duravit, Grohe and Kohler fixtures, are just some of the luxuries found in each spacious apartment.

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John Mayer sells SoHo pad for $4M

Celebrity news. The Grammy winner gets over his asking price.

Grammy award-winning musician John Mayer sold his Manhattan apartment at 225 Lafayette St. for $3.91 million, according to public records filed with the city late last month.

The singer-songwriter put the two-bedroom, two-bathroom SoHo unit up for sale in October, asking $3.89 million, listings website StreetEasy shows.

Susan Raanan of Brown Harris Stevens had the listing for the property. The identity of the buyer, who purchased the unit via an LLC, was not clear.

Where to next, Mayer? GETTY IMAGES

Mayer purchased the 2,063-square-foot property for $2.17 million in 2005 under the name Homelife, LLC. "Home Life" is also the title of a song from Mayer's 2003 album "Heavier Things."

He moved to a Montana ranch in 2012 to escape the spotlight after a series of interviews referencing former girlfriends such as Hollywood sweetheart Jessica Simpson landed him on the front page of the gossip rags.

The corner apartment, located at Spring and Lafayette streets, has Brazilian walnut floors and city views. The building, a 1924 Beaux Arts former bank, has a 24-hour doorman and roof deck.

The building is also home to celebs such as actress Dakota Fanning and model Theodora Richards, according to previous reports. **KATHERINE CLARK**

TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.
THE REAL DEAL

Real estate

Home prices rise more than forecast in November

U.S. single-family home prices rose slightly more than expected in November, while their increase from a year ago was the biggest in almost eight years, a survey showed on Tuesday.

The S&P/Case Shiller index of 20 metropolitan areas gained 0.9 percent on a seasonally adjusted basis.

The 20-city composite index rose 13.7 percent year-on-year, the largest rise since February 2006.

"Home prices continue to rise despite last May's jump in interest rates," said David M. Blitzer of S&P Dow Jones Indices. **REUTERS**

COLOURBOX

Moving in. Ronan Farrow buys UWS pad for $1.5 million

Woody Allen has a new neighbor in town. / GETTY IMAGES

Ronan Farrow, the estranged son of legendary auteur Woody Allen, has paid $1.5 million for new Upper West Side digs.

Farrow, who will make his cable-television debut on MSNBC later this month, will move into a two-bedroom condominium at 225 W. 60th St.

The 982-square-foot unit is Farrow's first New York City real estate buy.

The apartment was listed with Douglas Elliman's Tracie Hamersley and Elizabeth Hamersley, the New York Post reported.

The rooms have floor-to-ceiling windows, according to the listing, and the building boasts a gym and landscaped rooftop deck with Hudson River views.

Farrow, who is Allen's son with actress Mia Farrow, is notorious for criticizing his father on social media and elsewhere, and refers to himself as both Allen's son and brother-in-law, on account of Allen having married Farrow's adopted daughter Soon-Yi Previn. **THE REAL DEAL**

Throw out the fashion rulebook

The raison d'etre of many fashion magazines is to rule your wardrobe with a vise-like, arbitrary and undiscriminating grip. No one should dare to brave horizontal stripes. Under no circumstances should any woman in her 40s wear a short skirt. But it's all silly really, isn't it? While we might need a little nudging in the direction that's right for us from time to time, we have enough intellectual capacity to know when something works and something doesn't. So we enlisted Julie Ragolia, the fashion director of Man of the World magazine who's styled Lady Gaga, contributed to every publication from Vogue to Interview and covered Scott Schuman's The Sartorialist, to help us break some old fashion rules.

KIT GILBERT
Modmods.com

1 Ripped jeans are for teenage girls and Britney Spears only

"Ripped jeans are a sign of a journeyed and well-lived life," according to Ragolia. "A hole in the knee reflects a willingness to fall, always an admirable quality in a woman. Paired with a smart clutch and an elegant heel, a ripped jean can be quite chic."

2 Wearing one pattern head to toe is a bad idea

"A woman should never leave the house looking like a tablecloth. Accessories can help prevent that: a great belt, the right bag... solid, strong pieces can tie it all together and break up a pattern before it goes bad," says Ragolia. "I'm a big fan of patterns overall. Before wearing one pattern head to toe, consider mixing mismatched patterns. It's a surefire way to boldly own a look, and is surprisingly more subtle than one would think."

3 Unless you are Alexa Chung, don't attempt to conquer double denim

"As a devotee to Ralph Lauren and Levi's, I've been schooled to the contrary," says the stylist. "I live for double denim. If tones and fabric weights are in balance, I say try for a triple play. Just, throw an oversized Navajo cardigan over the shoulder to break things up."

4 Midi skirts require 6-inch heels

"I'm a tomboy and a busy fashion director, so super-high heels are not at all practical on a day-to-day basis. A sleek Chelsea boot or a brogue can look just as sexy with a pencil skirt as any heel," she says.

5 Short skirt and bare legs are a no-no

"If it's raining or below freezing temperatures, please don't wear a short skirt with bare legs," says Ragolia. "Especially with Uggs. It's just not practical or chic. But, do wear bare legs with a short skirt when weather-appropriate. Short skirts are playful and adventurous. They show a woman at her lightest of heart."

6 Be wary of costume pieces

"To a degree, yes; however, one statement piece like an oversized necklace or ski goggle-inspired sunnies are costume done right," says Ragolia.

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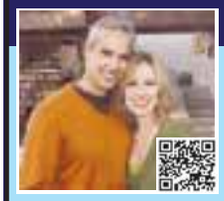
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BE A PRO IN YOUR HOME: FORTHCOMING MUSICAL GIZMOS

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK
@METRO.US

The tech world is filled with conferences in which companies show off new gadgets while industry folk get drunk and do things they'd rather forget. E3 is for video games, CES is for consumer electronics and, well, NAMM (The National Association of Musical Merchants), which happened last weekend, is for musical instruments. The highlights of this conference are the doodads and thingamabobs that typify music-making in the 21st century. Here are some upcoming devices that will help take your garage band to the level of, uh, Garageband.

THE ARTURIA BEATSTEP IS A CHEAP, COMPREHENSIVE WAY TO CREATE PERCUSSION.
THE APOLLO TWIN ALLOWS ONE TO MAKE PROFESSIONAL-SOUNDING MUSIC AT HOME.

Universal Audio Apollo Twin

Cost:$699-$899
Universal Audio makes what are arguably the best plugins in the recordoverse (new word!) They are notorious resource hogs though, and demand you install a professional grade PCI card or standalone processor in order to use them. This can get pricey and overly complicated for the hobby horses out there. The company heard your complaints and is finally releasing a lower priced unit designed with the home musician in mind. Now anyone with $700 to spare can have access to its beautiful amp modelers, reverbs and more. However, it must be noted, this device only works with computers equipped with a Thunderbolt port. Only recent Macs and a small percentage of PCs need apply.

Arturia BeatStep

Release date: March
Cost: $99
The days of having to own dozens of different drum machines are over. You can now make any sound you want with your computer using one dedicated MIDI unit. The units themselves keep getting cheaper, as seen in Arturia's forthcoming BeatStep drum sequencer. For 100 bucks you get 16 touch-sensitive drum pads, 16 knobs you can program to do whatever you want, and room for 16 user-designed presets. Plus, it looks really cool and futuristic! Isn't that what it's all about anyway?

Weird tech. This bra unclasps only if you are truly in love.

Hey, ladies. Have you ever been unsure about whether or not your feelings for a suitor are genuine? Of course you have! Now there is a "smart bra" that will tell you if you're in love or just bored and somewhat hungry.

Japanese company Ravijour has just unveiled its True Love Bra, which solves this age-old emotional dilemma. Why trust your heart when you can trust a bra with microchips in it? All you have to do is wear said bra, allow someone to get you in your skivvies and then see if it'll open. If your feelings aren't true, the bra won't unclasp. It works by measuring your heart rate and various other minute changes in the body. It's sort of like a chastity belt for bosoms. Technology!

A Japanese company has made a bra that deflects loveless sex.
PROVIDED

There has been no word as to whether the bra will open for a wearer with self-esteem issues. In other words, love yourself!

LAWRENCE BONK

"On those days when I'm on the edge of, 'Do I work out or don't I work out?' it does influence me," says Ryan Mattek, a runner, about the Jawbone UP. "I treat it as a lifestyle tracker, as opposed to a fitness tracker, because I use a lot of its extra features." / PROVIDED

Fitness trackers, not life hackers

Numbers game.
Fitness trackers can be a big inspiration, but should be used as a tool and not a crutch.

The gym rats have gone gadget-happy, with a slew of devices that measure, track and analyze workouts. And the latest generation of products, wristbands like the FitBit Force and the Jawbone Up24, go beyond the gym with features that measure wearers' sleep cycles.

For folks looking to lose a few pounds, celebrity trainer Kira Stokes says fitness trackers can be a huge help, but she also warns that they should support and reinforce a healthy lifestyle — not rule it. "Whether your goal is to burn a certain number of calories a day or walk a certain number of steps, for people who need that extra motivation, they're definitely helpful," Stokes says. "But it's not 100 percent accurate, so you have to take the knowledge that they're giving you with a grain of salt."

Inaccuracies and flaws are part of the game as technology companies of all types try to cash in on the latest fitness craze. FitBit has come under fire after users reported allergic reactions to the material of its FitBit Force wristband, and a 2013 study from the American College of Sports Medicine showed that several tracker models and brands did not accurately measure calories burned in mid-level strenuous activities like cleaning or standing. Cycling, as well, is not registered by many of the wristband fitness trackers, according to the (relatively scant) research that has been done on the devices.

The only real way to make sure you're getting enough exercise is pretty simple: Move often. And, as Stokes points out, make sure the tech you use to do that is a tool, and not something you rely on.

JULIA FURLAN
julia.furlan@metro.us

Move it

The right rewards

Indiana University found that subjects wearing fitness trackers walked 16 percent more steps than a control group, and lost weight. Seeing the steps one takes is a major incentive, but Stokes reminds that it's important not to reward yourself with extra food.

Polar wristband

Polar was the first widely used heart rate monitor, which makes it popular, in particular with athletes already using its apps and online tools. This wristband is also waterproof (as opposed to water-resistant).

Nike+ Fuelband

The Nike+ Fuelband has many features other fitness trackers lack: a screen that tracks pace, distance, time and calories. For heart rate tracking, athletes must wear the Polar Wearlink+, a chest strap.

FitBit Force

Though some people have reported skin irritations, the FitBit Force has a screen, a sleek design and allows users to track their food consumption with an accompanying app.

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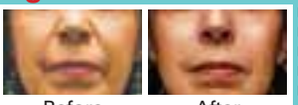

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"I need to change my lifestyle to feel — and be — healthier," Amanda Art says. / ISTOCKPHOTO

WEDDING WEIGHT LOSS: OFF WE GO!

Confession #1: I have horrible eating habits (and am a certified sugar addict).

Confession #2: I'm a couch potato (read: lazy).

Confession #3: My body mass index is almost as high as my age.

Why do these things matter to me? Aside from the fact that my overall health is in danger, I'm getting married on May 3 — and I'd rather not look like a whale in that pretty white dress.

Being overweight isn't a new problem for me. About a decade ago, I was taking medication that made me gain about 100 pounds in a year. (Yes, you read that right.) I've never been able to take it all off.

Now I have about three months to do something about it. I'm getting a late start, but think I can make some important changes between now and my spring nuptials.

I've actually lost somewhere in the neighborhood of 20 pounds since moving to New York City in June. I'm not exactly sure, since the bathroom scale scares me. I walk much more than I used to, but I can't really count walking to and from the subway as "working out."

My fiance has managed to lose about 50 pounds in the last two years. He rides his bike almost every day.

A big wake-up call was getting my measurements taken for the seamstress who's making my dress. Those numbers need to change. The dress has been ordered; hopefully I'll have to get it taken in.

Luckily, I'll be getting a lot of support and guidance from the New York Health and Racquet Club. There, I'll be working with a personal trainer and a nutritionist, and completing their Fit to Say I Do bridal boot camp. Yes, I need professional help, since this feels so daunting that I'm not even sure where to start.

I know this won't be easy, and my health habits need a lot of improvement. But I have you to keep me on track. So wish me luck, and let's go!

The "before" shot.
LENYON WHITAKER, METRO

VOWING TO GET HEALTHY
AMANDA ART
amanda.art@metro.us

My goals

With help from my colleagues at Metro – and you, dear readers – I'm embarking on a self-imposed challenge.

1 Learn and follow a healthy eating plan — hopefully breaking my sugar addiction in the process.

2 Establish a workout plan and stick to it, with at least three weekly sessions.

3 Lower my body mass index by five points, closer to the "overweight" range instead of the "obese" range, where I am now.

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1 Bold & Naked Yoga

Boldnaked.com; email boldnakednyc@gmail.com for location details
First class: $35, after that $25
What makes a yoga experience sans clothes better than your standard om sesh? "You will save a lot of money; you don't have to buy highly expensive pants," jokes co-owner Joschi Schwarz. In all seriousness, though, Schwarz — whose studio just started allowing women — says "it will help you to empower yourself." Just think: If you can sit naked on a mat for 75 minutes, in the presence of strangers, what can't you do? Schwarz and his partner, Monika, screen all participants to make sure they're there for yoga, not for the hot bodies. But if one's body does get turned on during class (which Schwarz says is a rarity) "be happy that your reproductive system works," he advises.

2 Cycle Karaoke

Crunch 59th St., www.crunch.com
Free for members
Spinning is hard enough — why make it even harder with the added component of singing? "[It] can actually help you breathe in a more consistent, controlled manner," says Marc Santa Maria, Crunch's national group fitness director. Expect your normal high-energy spin class, but instead of just listening to the tunes you'll be singing along to some of them. A teacher will throw a mic in your face probably more than once during class, and you'll do your best to breathlessly pant along to Rihanna. Though our group seemed a bit shy during sing-alongs, we did spy smiles on participants' faces. Added bonus: "Since you are focusing on the karaoke screen, singing and your co-singers in class, all the components of Cycle Karaoke can divert your attention from how intense the class may be," Santa Maria adds.

3 Restorative Aquacycling

Aqua Studio
78 Franklin St., 212-966-6784
First class: $34, after that, $40
Picture water aerobics' hip, young Parisian granddaughter, and you've got the classes at Aqua, a studio devoted to cycling... in a pool. Inside the Tribeca studio, you might overhear French accents bouncing off the walls of the locker room — the program was founded by Esther Gauthier of Paris. For our first venture into underwater spinning, we opted for the gentle restorative class, which focuses on stretching and breathing as opposed to interval spikes and major sweat (there are also high-intensity interval classes, and solo men's and solo women's classes). As our limbs gracefully made figure-eights throughout the heated pool, we can't say we felt more at zen with the universe, but it was an hour of playtime that we were surely grateful for after a stressful week.

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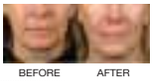
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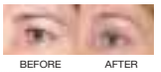
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Horoscope

Aquarius | Jan. 21-Feb 18. Avoid having secret affairs or getting sucked into other people's problems. You should work quietly.

Pisces | Feb. 19-March 20. Co-workers may be unusually challenging to deal with today. Don't be naive. Someone you'd never suspect may be after your job.

Aries | March 21-April 20. Travel or educational pursuits will foster romantic opportunities. You will be in the mood to get out and socialize with friends. Mental stimulation will be important to you.

Taurus | April 21-May 21. Minor health problems will arise if you haven't taken the necessary precautions. Do not get involved in joint financial endeavors.

Gemini | May 22-June 20. Travel and romance will go together perfectly. You will enjoy unfamiliar destinations that will further amplify the sentimental mood that is overtaking you.

Cancer | June 21-July 22. Take advantage of any business opportunities that are available to you. You can make professional changes now if you so desire.

Leo | July 23-Aug. 22. Romantic opportunities will develop if you attend a social event. You stand to gain financially by participating in a group venture.

Virgo | Aug. 23-Sept. 22. New love connections will develop through friends or relatives. Completing a home decorating project will yield wonderful results.

Libra | Sept. 23-Oct. 22. Special relationships will evolve through pleasure trips or participating in sports activities. You will feel passionate and be capable of using your charm.

Scorpio | Oct. 23-Nov. 21. Your innovative money-making ideas may well pay off. You will approach your pursuits with creativity. Refrain from overspending.

Sagittarius | Nov. 22-Dec. 21. You may be confounded by your financial state. Avoid spending money. Unanticipated bills may crop up.

Capricorn | Dec. 22-Jan 20. Self-deception may cause problems. Reflect carefully on a situation that you may be misjudging. One-sided infatuations are evident. BERNICE BEDE OSOL

Sudoku: Easy and hard

8		7		4				9
5	4	2						
9			5					6
	1			3	5		7	
4				7				8
	7		8	6			3	
3					9			1
						9	4	2
1				8		7		3

	2	3					7	
1			8			9	5	
		6		5		4		
	4		9	1	8			
		5				7		
			5	7	3		1	
		8		2		1		
	5	2			4			9
	3					5	2	

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Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Of programs and pregnancies

Re: 'You're not metal, madam' (Metro, Jan. 28) It might come as a surprise to letter writer Pasquale G. Tato that most pregnant women do not even consider whether or not they "consent" for the baby to be inside them. Mr. Tato, you once were "feed(ing) off (another) person's blood" and were trespassing (my obnoxious claim this time, yours are quoted) inside your mother's womb. Here is where your thinking it lopsided. Pro-lifers believe women are not machines where you can simply terminate the application because of a bad situation or poor timing. Consent is a foregone conclusion by the time of pregnancy; consent occurred at the time of conception. Unless a crime occurred, the mother has given consent. It is you, Pasquale, who believes women are machines, not pro-lifers.
KEVIN METZ, VIA EMAIL

Tato seems to think that unborn children are bloodsuckers. Is this the society we live in, where unborn children are the enemies and we can dispose of them as we see fit? I guess we no longer need to be responsible and use protection, but instead get rid of the problem.
DELENE PRATT, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

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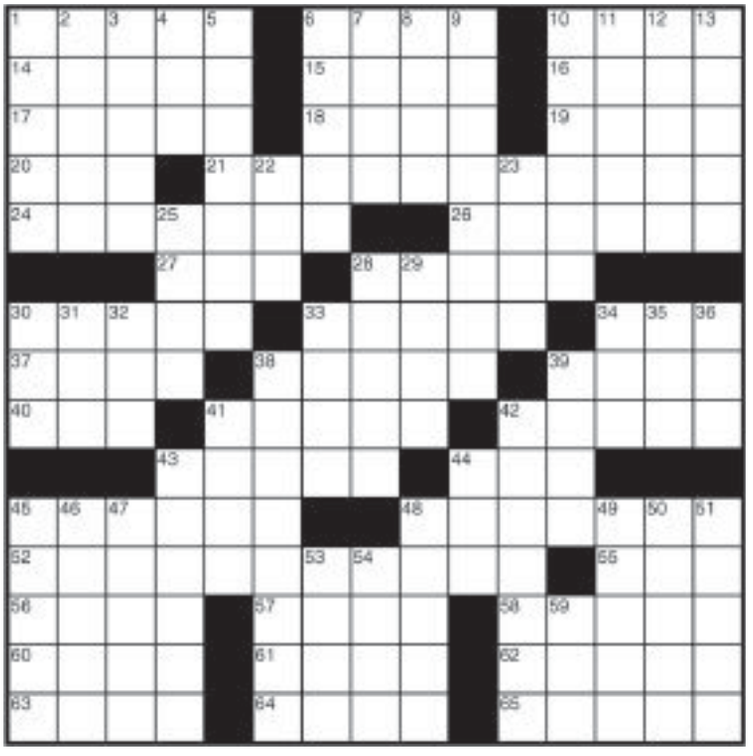
Interactive Crossword

Crossword

Across
1 Competition
6 Minor dispute
10 Fugue master
14 Degrade
15 Like a rain forest
16 The younger Guthrie
17 J. Paul —
18 Sask. neighbor
19 Herr's refusal
20 Drop— — line
21 Aerobics exercise (2 wds.)
24 Posh hotel lobbies
26 Mall booths
27 Vitamin monitors
28 Tizzies
30 Faux pas
33 Zoologist's study
34 Shaggy beast
37 Grand Ole —
38 Auctioneer's word
39 Pith helmet
40 "Shogun" apparel
41 Carpenter's supply
42 Manhandled
43 Rats on
44 Keystone Konstable
45 Flop down
48 Nullifies
52 Abrupt change (2 wds.)
55 Kind of instinct
56 Go — — smoke
57 Marinate
58 Corporate concern
60 Nave neighbor
61 Roof overhang
62 Seedless orange
63 Changed color
64 Linger
65 Migratory flocks

Down
1 Igneous rock source
2 Red as — —
3 Golden Horde member
4 Iowa hrs.
5 Beatles tune (2 wds.)
6 Closes violently
7 Paper source
8 — spumante
9 Acknowledging
10 Ukulele cousins
11 Zones
12 Make sense
13 Beeps
22 Ms. Thurman of films
23 "Bhagavad —"
25 Doubtful
28 Travels by water
29 They have their orders
30 Slime
31 PD dispatch
32 After Thurs.
33 Thwart a villain
34 "Ouch!"
35 Goodall subject
36 Nanny's charge
38 Suspenders
39 Prerecord
41 Ex-Speaker Gingrich
42 Fixing corn
43 Turned bronze
44 New Zealand parrot
45 Team
46 A little husky?
47 Union demand
48 Enter again
49 Tequila cactus
50 Fast sleds
51 Archaeology find
53 Castle defense
54 Heavy-duty soap brand
59 Daisy — Yokum

Yesterday's answer



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Eli Manning talks big brother in big game

Super Bowl XLVIII. Eli already owns two Super Bowl rings and Peyton can join him.

Eli and Peyton met in the second game of the 2013 season, with big brother coming out on top, 41-23. / GETTY IMAGES

Giants quarterback Eli Manning is as guarded as any player in the league, but when it comes to his big brother Peyton, he'll have no problem divulging pertinent information to help the Broncos be as prepared as possible for their Super Bowl XLVIII matchup with the Seahawks.

"I'll obviously give him any information that I have [of the Seattle defense]," the younger Manning said, although he did throw five interceptions when Big Blue hosted Seattle in Week 15.

Eli said whatever tips he can give Peyton regarding the infamous MetLife Stadium winds, he'll gladly share — although he joked he'd do so in private, so Seahawks quarterback Russell Wilson won't hear.

"I am proud of Peyton, and if I'm not going to be playing in the game, he's who I'd want to be playing, so of course I'd help," said Eli, who added he actually doesn't think the weather or temperature will have much an impact. "I don't think it hurts or helps either team. Peyton has played in Denver [and] played outside in a lot of cold games. If it were to snow or be very, very windy that day it could have some disadvantage to the Broncos just because how much they like to throw the ball compared to Seattle and their running game. But for the most part, the best team is going to win [because of] execution. Weather will not decide this game."

Eli noted, win or lose, Peyton's legacy is already etched in stone. And while he acknowledged the naysayers will come out in full force should the Broncos lose, it won't change his admiration for his older sibling for all he's overcome.

"He's already created his legacy. That's not something he's worried about. He's played at a very high level for a long period of time and he's overcome injuries and obviously set numerous records and been on a lot of playoff teams, playing in his third Super Bowl," said Eli. "There will always be arguments about 'Who is the greatest?' or 'Who is the best?' But I think if you're in that argument, if you're one of the names thrown around in there, I think you've already created a pretty good legacy. ... He's a competitor and he wants to win championships — because that's what your job is as a football player."

TONY WILLIAMS
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Orange with envy

Eli was in attendance, along with the rest of the Manning family, at the AFC Championship, including their dad and former NFL quarterback, Archie. Eli said while he was "happy" for his brother, he did feel a bit envious and will use that as motivation to improve upon his recent disastrous season.

ARCHIE MANNING
GETTY IMAGES

- "It lights a little fire under you to get back," Eli admitted. "You get jealous of that feeling."
- Eli said his injured ankle is doing "good" and he's been aggressively rehabbing it. He was even getting treatment during the conference call.

3 SPORTS

Big beef

Sapp, Strahan still in war of words

Two of the best defensive linemen of the past 20 years continued to throw verbal jabs at each other Tuesday ahead of Pro Football Hall of Fame voting this weekend. Sapp, who went into the Hall last year, said the former Giants' résumé "doesn't stack up." Strahan fired back, sarcastically, saying, "I had 141 1/2 career sacks, all hype." Sapp blasted Strahan for his infamous Brett Favre record-breaking sack in the past.

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Prediction Machine gives Seattle 23-21 win in Super Bowl

Seahawks cornerback Richard Sherman was the center of attention during Super Bowl XLVIII Media Day at the Prudential Center after his controversial rant following the NFC Championship game. / GETTY IMAGES

You bet. Now that we know the score for Super Bowl XLVIII, fans won't even have to watch the game.

According to 50,000 simulations run on PredictionMachine.com, the Seahawks will beat the Broncos this Sunday in the Super Bowl in what the website says will be one of the closest Super Bowls of all time. According to 50,000 game simulations, the Seahawks will win 23-21.

And Seahawaks quarterback Russell Wilson will outgun Peyton Manning, who will be seeking his second Super Bowl win in what has been a storied career.

"For this upcoming game in which we have the Seahawks winning outright, the edge that Seattle has is clear. The Seahawks are the more complete team. Denver has very obvious, elite strengths — simply stated, pass offense, special teams and run defense — that are relatively better than any of Seattle's strengths. However, Denver also has glaring weaknesses — pass defense, run offense efficiency, turnover margin — and Seattle does not," said Paul Bessire, general manager of PredictionMachine.com. "The key to this game appears to be the matchup between Russell Wilson and the Seattle passing attack versus the Denver pass defense. The analysis suggests that Wilson will make the one or two big plays needed to win an otherwise even game. In our simulated box score, Wilson actually throws for more yards per pass and fewer interceptions than Peyton Manning, though Manning throws for more yards."

To come up with this result, the Predictalator simulates each play of the Super Bowl, involving the 22 likely players on the field at that specific time. Players are given rankings based on certain attributes, with that skill set derived from their level of play in college and now the NFL. More weight is given to recent performances.

Then the 11 players on each team are thrown onto the field, where each game and each play is simulated 50,000 times. From special teams to offense and defense, each move is calculated.

KRISTIAN DYER
letters@metro.us

How it works

It begins with a simulated coin toss

"On the next play, upon the snap, we will assess the likelihood of a run or a pass, draw a random number and determine the actual outcome based on how that number relates to the odds," Bessire said. "Then we move on to who gets the ball, what he does with it, how his team impacts his output and what the defense does to affect the play. The technology moves on to the next play until the game is over. Repeat 49,999 more times."

The Seahawks win 54.8 percent of the time in the simulations, with the average over/under set at 47 points. Vegas odds have the spread at Denver minus-2 with the over/under at 47.

By the numbers

3-1

The Predictalator is 3-1 in Super Bowls all time and is 34-9-2 against the spread in the playoffs.

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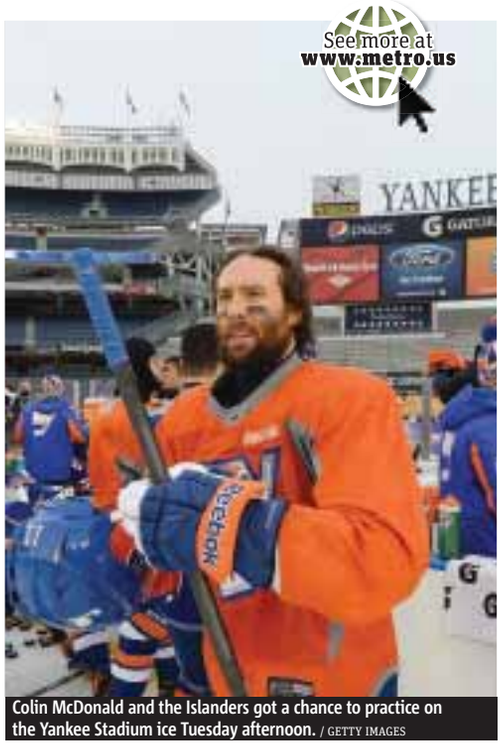

Colin McDonald and the Islanders got a chance to practice on the Yankee Stadium ice Tuesday afternoon. / GETTY IMAGES

Islanders get first look at Stadium Series rink

NHL Stadium Series. Islanders call experience "everything and more" before playing tonight.

New York City has played host to the Rangers-Islanders feud 124 times. The 125th, though, will be a bit different.

Instead of the teams meeting in Midtown, they will gather in the Bronx. Instead of filling Madison Square Garden, the rivals have sold out Yankee Stadium.

Tonight's Rangers-Islanders Stadium Series game in the big ball yard on 161st Street and River Ave. will be another chapter in a rivalry that has seen fans of both teams literally and figuratively take it outside.

"It's amazing," Matt Martin said after the Islanders practice at the Stadium late Tuesday afternoon. "It really is everything and more than we thought it would be. It's not every day you get to do something like this. Even now, when I was out there for the first five or 10 minutes skating around, looking around at the big Yankee Stadium sign, seeing all the seats, it's pretty special and definitely something we'll never forget."

Quoted

"It's pretty easy to get up for these games. You're going to be excited. ... You feed off the atmosphere, off the energy."

Ryan Callahan, Rangers captain
On tonight's second Stadium Series game against the Islanders

The outdoor game will be the second held at Yankee Stadium in three days. The Rangers routed the Devils, 7-3, Sunday afternoon. It will be an event in a town that specializes in events. But, as both teams readily acknowledged, there is serious business at hand.

"We have to focus on what we have to do and play the way that we have to do," Islanders head coach Jack Capuano said. "I thought a few games we got away from it — I wouldn't say totally got away from it — [and] we need a few guys to step up and play better as well."

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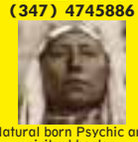

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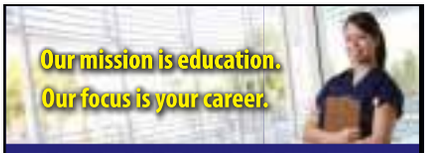

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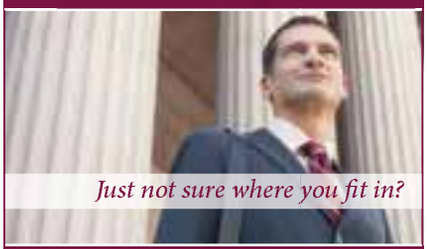

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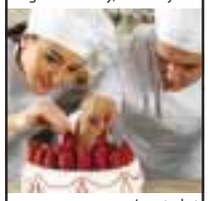
Saturday Baking Program
Begins Saturday, February 1st



Located at 10th avenue between 33rd and 34th St
Call 347.290.2751

Family

Miscellaneous

Please send BitCoin!
Anything helps!
Thank You! Thank You! Thank You!
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Legal Notices

URGENT petition

Hello!
I've started a petition "the United states government: release bernie madoff and other private investors and their associates" and need your help to get it off the ground.
Will you take 30 seconds to sign it right now?
Here's the link: http://www.change.org/petitions/the-united-states-government-release-bernie-madoff-and-other-private-investors-and-their-associate
Here's why it's important
If even civil charges of their corporate counterparts were dropped whereas Both parties acted within the same deliberate loopholes of the state financial policies.
Only in this way the state will accept its responsibility that this was/is the way business is done rather than bullying and intimidating vulnerable, private investors and deceiving the public its cracking down on perpetrators

Notice of Formation of Paint The Town Events, LLC Art. of Org. filed with the Secretary of State of New York (SSNY) on 12/16/13. Office location: NY County SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail a copy of any process to: Paint The Town Events LLC, 455 W. 50th Street, Apt 7, New York, NY 10019. Purpose: to engage in any lawful act or activity.

NOTICE IS HEREBY GIVEN that a license, # TBA for Liquor has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 65-12 Roosevelt Ave, Woodside, NY 11377 for on-premises consumption. El Pedregal Restaurant Corp.

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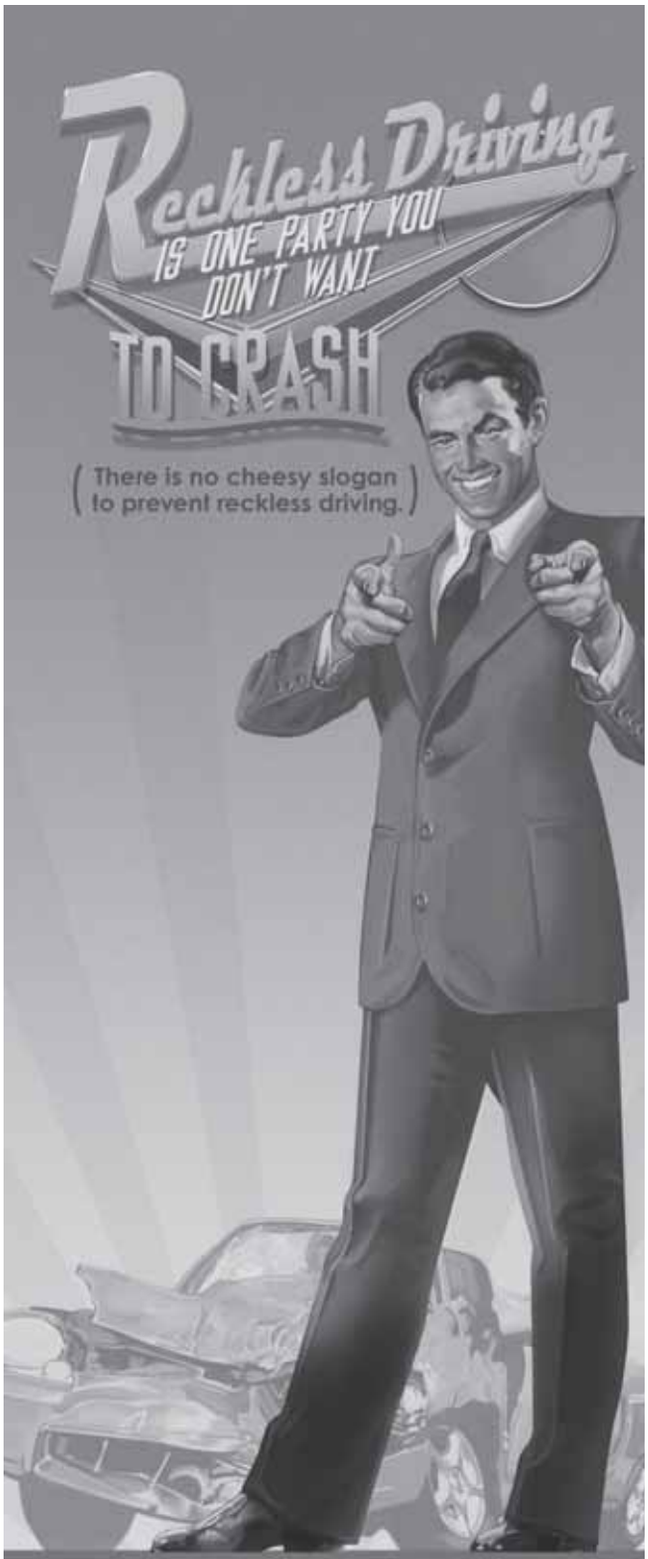
OR VISIT US AT www.metro.us



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WHEN YOU TAKE AN EXTRA 30% OFF
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50%-75% OFF
WHEN YOU TAKE AN EXTRA 20% OFF
Orig.* $20-$228, **final cost 4.80-109.44.** Select clearance handbags: crossbody styles, satchels, totes, wallets and more.

55% OFF
WHEN YOU TAKE AN EXTRA 10% OFF
Orig.* $200-$8000, **final cost $90-$3600.** Clearance fine jewelry: diamonds, 14k gold, cultured freshwater pearls and more.

70%-85% OFF
WHEN YOU TAKE AN EXTRA 40% OFF
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Also excludes: Specials, Super Buys, Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, area rugs/floor coverings, electrics/electronics, cosmetics/fragrances, athletic shoes for him, her & kids; products offered by vendors who operate leased departments in any of our stores including eSpot, Burberry, Dallas Cowboys merchandise, Gucci, Longchamp, Louis Vuitton, New Era, Nike on Field; all regular-priced: bridge & designer handbags & shoes, designer sportswear, watches, Impulse, Oval Room, 28 Shop, All-Clad, Eileen Fisher, Emporio Armani, Tommy Bahama, Breitling watches, Coach, Dooney & Bourke, Dyson, Ghurka, Henckels, Juicy, Lacoste, Lalique, Lauren/Polo/Ralph Lauren/Denim & Supply, Le Creuset, Levi's, Lladro, Locker Room by Lids, Marchesa, Michael Aram, MICHAEL Michael Kors/Michael Kors, The North Face, Not Your Daughter's Jeans, kate spade, Sperry, Star Power by Spanx, Sterling flatware, Swarovski, Tumi, Vera Wang, Wacoal, Waterford China/Crystal/Silver, Wüsthof, selected Licensed Depts. Not valid on: previous purchases, special orders, special purchases, services, gift cards, jewelry trunk shows, payment on credit accounts; bridal salons, restaurants, gourmet foods, wine. Exclusions may differ at macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer, except opening a new Macy's account. EXTRA SAVINGS % APPLIED TO REDUCED PRICES.

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